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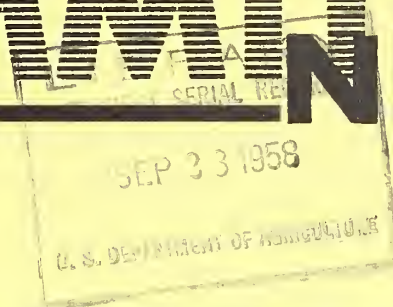
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NUTRITION COMMITTEE NEWS

For exchange of information on nutrition education and school lunch activities.

U. S. DEPARTMENT OF AGRICULTURE, Washington, D. C.

JULY-AUGUST 1958



1958 MEETING OF NUTRITION COMMITTEE MEMBERS

For the third consecutive year nutrition committee members came together for a short meeting during the annual convention of the American Home Economics Association. The meeting, held in the Art Gallery of Drexel Institute of Technology in Philadelphia from 4 to 5:30 p. m. on June 24, was largely a cooperative affair.

Program was developed by members of the Inter-agency Committee on Nutrition Education and School Lunch (ICNESL). Responses by chairmen of State and local nutrition committees to an inquiry sent them about 6 weeks before the meeting were used in program planning. Place of meeting and refreshments were arranged by Dr. Corinne Robinson, Drexel Institute of Technology, and Dr. Frances Godshall, Temple University, who were assisted by coworkers and students.

Mrs. Bertha Olsen, 1958-59 Chairman of ICNESL, presided. Minutes were taken by Frances Godshall and Jean McNaughton, North American Regional Office, FAO. Participants, approximately 60, included members of State and local nutrition committees and some nutritionists from places that have no such group.

Evaluation of Nutrition Education Conference

Sadye F. Adelson, Institute of Home Economics, reported on various evaluations of the Nutrition Education Conference, April 1 to 3, 1957, Washington, D. C., by its participants. An account of them will be carried in a future issue of NCN.

Nutrition Education Programs in Illinois

Rita Campbell, National Livestock and Meat Board, and Helen Brecht, Illinois Public Aid Commission, reported on a 1957-58 survey of nutrition education programs in Illinois made jointly by the Chicago Nutrition

Association and the Illinois Nutrition Committee. From the survey the committees learned which organizations in the State are most active and interested in nutrition education and what their programs are. In addition, the committees tried to learn where their own efforts might best be used.

Questionnaires were sent to 34 organizations; 25 replied. Of the respondents 22 indicated they had an active nutrition education program and 14 indicated willingness to cooperate in a statewide nutrition education program.

Replies to the questionnaire came from the Board of Education; State, county, and local health departments; State and local professional associations—dietetic, home economics, dental, and restaurant; heart and TB associations; Illinois Extension Service; Illinois Agricultural Association; Illinois Public Aid Commission; Infant Welfare Society of Chicago; Chicago YMCA; Chicago Hospital Council; and similar groups.

Programs of these organizations are most often designed for adults, including pregnant women, and senior adults. Considerable attention is also being given to youths 13 to 20 years, children 6 to 12 years, and pre-school children.

Nineteen respondents complied with the request to rank a list of problems according to need for attention in nutrition education in Illinois. The top three needs in order were: (1) Combating misinformation and presenting sound information through radio, press, and TV; (2) nutrition education in schools; and (3) weight control.

Some State and Local Nutrition Activities

Mary Egan, Children's Bureau, gave a summary of information on nutrition education programs during the past year as reported to ICNESL by chairmen of 10

State and 6 local nutrition committees for their areas. The information was taken from answers on questionnaires returned before the Philadelphia meeting by chairmen or others representing these State committees: Conn., Ind., Maine, Mass., Minn., Ohio, R. I., Vt., Wash., and W. Va. In addition, chairmen of these local committees reported: Allegheny County, Pa., Chattanooga, Tenn., Cuyahoga County, Ohio, Greensboro, N. C., Hartford, Conn., and Hillsborough County, Fla. The Ohio Committee reported for 2 local groups in the State: Montgomery County Nutrition Council and Nutrition Council of the Cincinnati Public Health Federation. Some of the reported activities follow.

Surveys and research.—The Chattanooga Committee is asking PTA members, school lunchroom workers, classroom teachers, and school principals to respond to a questionnaire calling for information on community nutrition needs on which to base TV programs. In addition, at a luncheon 100 “key” people in Chattanooga heard a talk on “Nutrition Education—a Community Challenge” and then listed project needs in nutrition education in their area.

Food habits of teen-agers were surveyed in Massachusetts. In Vermont, a study of nutrition education at the elementary school level continues.

Nutrition research workers at the University of Minnesota received funds for a much-needed piece of equipment (a power stirrer) from the Minnesota Committee. The money came from the \$2 annual fee paid by committee members.

Meetings.—The Ohio Committee sponsored its 4th Annual Conference on Human Nutrition. The Connecticut Committee and 36 other organizations cosponsored the Annual New England Health Institute. The West Virginia Committee is busy planning for a Nutrition Education Conference to be held at the State’s University Medical Center in June 1959.

Cooperation with other professional groups.—An Interorganizational Committee on School Lunch Problems was established and efforts were made to secure a nutritionist for the staff of the State Community School Lunch Projects by the Minnesota Committee.

Recruitment in Home Economics was highlighted in programs of committees in Rhode Island and Hillsborough County, Fla.

The Connecticut Council has started work with the group called Parents and Friends of Retarded Children on a plan to review the role of nutrition as it relates to mental retardation. This Council is also represented on the Subcommittee on Nutrition of its State Medical Society.

The Cuyahoga County (Ohio) Committee cooperated

with the County Diabetes Association in giving dietary counseling service to diabetic patients.

Nutrition education for professional workers.—The Montgomery County (Ohio) Committee held a nutrition workshop for nursing home operators and cooks.

The West Virginia Council was successful in its promotion of a nutrition course for students in elementary education at West Virginia University.

Popular nutrition education.—A series of 4 community classes on low-cost budget meals was sponsored and taught by members of the Hillsborough County (Fla.) Committee. A nutrition program for 7 Golden Age Clubs concerned the Indianapolis Council.

A series of Better Breakfast meetings was held for students with special attention to editors of school newspapers in Massachusetts.

Press, radio, TV, and exhibits were major activities of several committees in the past year. A series of 7 newspaper articles on topics such as Diet for Successful Motherhood, Food and Dental Health, and Nutrition for Adolescence, was prepared by the Connecticut Council’s Family Nutrition Committee. Editors of local newspapers in Indiana received a monthly series of 4 news releases on timely nutrition topics from the Indiana Committee. The weekly news release, *Your Food Today*, continues to be issued by the Vermont Committee.

A quarterly leaflet, *Nutrition for Low-Income Families*, has been prepared by the Cincinnati Committee. Still in preparation are a leaflet describing its purposes by the Rhode Island Council and one on career information by the West Virginia Committee.

The Rhode Island Committee arranges to have one radio talk a month on nutrition which is given by a doctor, dentist, dietitian, or nurse. This is a continuing service requested by the radio station. TV programs were produced by the Vermont, Ohio, and Greensboro (N. C.) Committees.

An exhibit to counteract food fads and misinformation was arranged by the Cuyahoga County (Ohio) Committee for display in libraries.

Nutrition activities pursued by workers and agencies individually rather than as committees included: A 10-session refresher course in nutrition offered at Temple University for managers and directors of school lunch programs; a Food Handlers’ School conducted throughout Maine for food service personnel in hospitals, nursing homes, schools, and restaurants; an exhibit prepared by the Allegheny County (Pa.) Health Department for use at the County Health Fair; and a set of slides with tape and script relating to nutritional findings from the Washington State nutritional status study—prepared for use in nutrition education of school lunch supervisors.

Most important.—As part of the premeeting inquiry committee chairmen were asked to select the one they would rate *most important* from the list of important activities in nutrition education in their State or locality. The majority of chairmen chose a project that would directly reach people in their community, such as: Series of radio and TV programs, newspaper articles, displays in libraries, course in planning families' food at low cost, and better breakfast programs. *Most important* to three chairmen were institutes to keep nutritionists up-to-date. Two chairmen selected projects to aid the school lunch program: (1) State interorganization committee on school lunch problems and (2) set of slides with script to report findings of the State Nutritional Status Study to school lunch supervisors. Promotional luncheon to involve 100 key persons in the community in nutrition education was considered *most important* by one chairman.

Additions by the audience.—Persons in the audience expanded on some of the projects Miss Egan had reported and added others. Some information provided by the audience follows:

Maine.—More emphasis is now being placed on nutrition in the course of study for elementary school teachers. Nutrition is often an elective. In one college some nutrition education is included in the freshman orientation program. In another, a summer-session course in nutrition education includes projects that the student teachers continue during the school year. University of Maine also has a program in nutrition education.

New York. A nutrition institute is held in Nassau County each year for nutritionists, doctors, dentists, and workers from other allied fields. A nutrition week has been held in New York City during the first week in May for 9 years; this year's theme was "Today's Food, Tomorrow's You."

New Jersey. A survey of food patterns of school children in grades 10 and 11 has been made in the northern counties of the State. This year a similar survey will be made in the southern counties.

Preplans for 1959 Meeting

Mrs. Olsen gave a summary of specific problems for the Philadelphia meeting submitted by chairmen on the premeeting survey. She commented on timeliness of the problems and great need for answers to them and expressed her regret that the meeting was too brief to permit the adequate discussion they merited. Mrs. Olsen then suggested that the problems be used to plan the 1959 meeting and that the present audience assist in setting priorities.

Thereupon, copies of a list of the problems suggested by the chairmen were distributed and the audience was asked to rank them in order of importance. Problems regarding nutrition education in schools were top concerns. Within this category the question, *How can the school lunch program at high school level be used more effectively to strengthen nutrition education?* ranked ahead of the question, *What should be the requirements of a course in nutrition to secure a certificate for teaching in elementary grades?*

Of nearly equal concern was this group of questions—*What is the best way to keep up with new trends in nutrition? How do you find resource people to call on for special information? Is there a list of such people?*

Problems regarding organization and function of State and local nutrition committees ranked third.

It was agreed that there be a meeting in Milwaukee, Wis., next year during the AHEA annual convention, that it be 2½ to 3 hours long, and that consideration be given to detailed discussion of one or more problems of high rank on the list rated that afternoon.

ICNESL was asked to take the initiative in planning next year's meeting and to invite the Illinois Nutrition Committee and the Chicago Nutrition Association to share responsibility for the meeting since there is no State Nutrition Committee in Wisconsin. An attempt will be made, however, to have Wisconsin nutritionists take an active part.

CHANGES IN LUNCH-TYPE REQUIREMENTS, NATIONAL SCHOOL LUNCH PROGRAM

During the past year a comprehensive review of Federal policies and procedures for the National School Lunch Program was completed. This review was undertaken by the Food Distribution Division of the Agricultural Marketing Service, U. S. Department of Agriculture, in cooperation with the States. A committee of 6 State school lunch directors provided counsel and ad-

vice based on suggestions and comments which they solicited from all State school lunch directors in their respective areas.

Major objectives of the review were: (1) To simplify Federal procedures and requirements based on 12 years' operating experience; (2) to provide greater flexibility in such procedures and requirements in order to permit

each State to develop and administer the program in accordance with its own needs and resources; and (3) to define more specifically responsibilities of the Department of Agriculture and State educational agencies in administration of the program.

In the course of 12 years' operation of the program many policies and procedures have developed which were issued by the Department in the form of instructions or guides. These policies and procedures, and the terms and conditions of agreements with cooperating State educational agencies, have now been brought together into one set of regulations. The revised regulations were published in the Federal Register and became effective July 1, 1958. Here is a brief summary of the revisions affecting the requirements for lunches:

Elimination of Type B Lunches

The Type B lunch, which was originally intended for schools with limited food service facilities, has been eliminated. During the 1957 fiscal year Type B lunches amounted to only three-tenths of 1 percent of all lunches served. It was agreed that schools serving a Type B lunch can, with a minimum adjustment, arrange to serve a Type A lunch that will provide materially greater nutritional benefits to participating children.

Requirement for Type A Lunches

Although no changes have been made in the 5 food components of the Type A lunch, these specific provisions regarding 3 of the components should be noted:

Milk requirement.—Fluid whole milk or its equivalent in reconstituted evaporated or dry whole milk must be served with every lunch unless prior written approval to serve lunches without milk has been obtained from the administering agency.

Decision to give increased emphasis to fluid milk alternates in schools that cannot obtain a sufficient supply of fluid whole milk was based on the fact that unless beverage milk in some form is served, lunches usually are seriously deficient in several important nutrients, including protein, calcium, and riboflavin, and that whole beverage milk in some form is readily available to all schools.

Protein-rich food requirement.—Under the new regulations only the protein-rich foods listed in the Type A pattern and used in the main dish or in the main dish and one other menu item can be counted toward meeting this requirement. This provision clarifies the intent of the Type A pattern—namely that the protein-rich

foods specified are fundamentally main dish or foundation items. As such, they provide on the average from 25 to 50 percent of the protein needed in the lunch, depending upon the food used. Balance of the protein comes from milk, bread, and "extra" protein-rich foods normally used in preparation of the lunch. The above interpretations of the pattern have been consistently applied in school lunch publications issued by the Department.

Vegetable and fruit requirement.—To assure better balanced and more appetizing lunches the three-fourths cup requirement for vegetables and fruits will now be met by serving two or more vegetables or fruits or a combination of both. While this has been general practice, the regulations in effect prior to July 1, 1958, were subject to the interpretation that only one fruit or vegetable need be served. In carrying out this requirement, the Department and State agencies will continue to encourage schools to serve a vitamin C-rich food every day and a vitamin A-rich food twice a week.

The other modification in the vegetable and fruit requirement gives recognition to the fact that the full-strength juice is comparable in nutritive value to the vegetables or fruit used to make the juice. However, to assure variety and texture in the lunch, a serving of full-strength juice may be counted to meet not more than one-third of the three-fourths cup requirement. Under the previous regulations a one-half cup serving of juice could be counted toward meeting one-half of the vegetable or fruit requirement.

No change was made in the regulations regarding the serving of bread, or butter or fortified margarine.

To obtain information on how the new school lunch regulations will be applied in your State, it is recommended that you contact the School Lunch Director in your State Department of Education.

MATERIALS

SELECTED REFERENCES ON NUTRITION AND SCHOOL LUNCH. Prepared by ICNESL. Published by The Bureau of Commercial Fisheries, U. S. Dept. Interior, Wash. 25, D. C. 14 pp., 1958. NPS.

NUTRITION ACTIVITIES OF AGENCIES REPRESENTED ON THE INTERDEPARTMENTAL COMMITTEE ON NUTRITION EDUCATION AND SCHOOL LUNCH. Issued by the Agr. Res. Ser., U. S. D. A. ARS 62-7, 23 pp., 1958. NPS.

(NPS—Nutrition Programs Service, Institute of Home Economics, U. S. D. A., Wash. 25, D. C.)

Institute of Home Economics, Agricultural Research Service, U. S. Department of Agriculture, in consultation with the Inter-agency Committee on Nutrition Education and School Lunch. (The printing of this publication has been approved by the Bureau of the Budget, July 27, 1955.)
